

MAY/JUNE 2021 • VOLUME 16 ISSUE 3

COMMUNITY WELLNESS

“A WAY TO CONNECT?”

BY SARA ROBINSON

Worldwide, social media sites have captivated over 3.6 billion users. Facebook, with over 2.74 billion monthly users, leads the social media phenomenon. Apps including Instagram, Twitter, TikTok, WhatsApp, and numerous others, have captivated individuals everywhere. People document their lives, constantly check their social media platforms, and feel urges to “mindlessly scroll.” Although, in positive news, we are able to connect with family and friends worldwide. This has been an absolute breakthrough in technology, as we can communicate like never before. However, does social media negatively affect our mental health? Is this type of communication too much for us, as humans?

According to numerous research studies, there is a strong correlation between social media and increased anxiety, depression, loneliness, self-harm, and even suicidal thoughts.

Due to the need of comparing oneself to this “picture perfect life,” people struggle with insecurities, and severe feelings of loneliness. A study published in the JAMA Psychiatry stated that using social media for more than 30 minutes a day increased the risk of internalizing problems in adolescents. *(continued on page 5)*



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WHERE'S THE BEEF?

LESLENE E. GORDON, PHD, RD, LD/N

COMMUNITY HEALTH DIRECTOR

My son sometimes wears a funny t-shirt that says Here's the Beef. Of course, it's supposed to be the answer to that commercial Wendy's ran for years that asked, "where's the beef?" It's not so amusing when the question is real and the question isn't just where's the beef, but where's the food? Hunger and food insecurity are for real and not funny at all. According to Feeding America, "before the coronavirus pandemic, more than 35 million people faced hunger in the United States, including more than 10 million children." The pandemic has made the situation much worse. Now what will we do about it?

In a recent study published in the Journal of the Academy of Nutrition and Dietetics it was determined that Federal SNAP and similar food-assistance interventions do not reduce food insecurity. The results are not so surprising if you think about it. Food insecurity does not occur in isolation. Families experiencing food insecurity are also being affected by other factors that affect their lives and health. As noted in the article's discussion, "The average treatment household received \$44 in additional SNAP benefits in the month of the follow-up survey. These households redeemed nearly the full amount (99%) of these benefits, leading to \$44 in additional SNAP purchases of food. At the same time, however, the typical household reduced their out-of-pocket spending on food in the month by \$21. They may have determined that with the additional food coming into the household via redemption of SNAP benefits, some cash that would otherwise have been used for food was needed to address other household priorities, such as health care or housing costs."

In our local health department, we designed and implemented a social needs screening assessment for clients seeking clinic services. The purpose of our screening was to gather information on the need for housing, transportation, food, community wellness classes and assistance with, intimate partner violence, mental health, primary care, tobacco use, substance use. Project staff screened patients and then helped them find the community resources they needed. From April to December 2019 a total of 768 clients were screened. Among clients screened, 591 (77%) reported one or more social needs, with the majority, 407, indicating multiple needs. The most reported needs were food insecurity (37%), primary care needs (32%), interest in community wellness classes (23%), housing instability (22%), and mental health needs (22%). Our experience shows that the economic and social context of people's lives are complex. They are especially so if you belong to a racial or ethnic minority group. These social needs are also called the social determinants of health, and combined, can increase problems like food insecurity.

So, to answer the question about what we will do about it, we will treat it like the complex problem it is. Social and economic issues in a person's life account for about 40% of health outcomes. We will work across sectors and with community partners to establish broader interventions that impact the root causes of poor health. Understanding that programs like SNAP are part of the solution, but not the whole solution to food insecurity.



Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

Managing Editor: Mandy Chan

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May is National Osteoporosis Awareness Month!

Osteoporosis is a disease in which the bones become weak and fragile, leading to an increased risk of breaking a bone even after a minor fall or bump. This silent disease impacts women and men from all racial groups, and because there are no obvious symptoms, many people don't know they have osteoporosis until they suffer a fracture. This can be life-altering, robbing people of their independence and quality of life.

There are over 50 million people in the US with osteoporosis or low bone density, and there will be over 2 million fractures that will occur this year due to osteoporosis that can be prevented. This is more people experiencing a broken bone due to osteoporosis than heart attack, stroke and breast cancer combined.

American Bone Health, the leading national nonprofit organization dedicated to educating consumers about bone health, and Healthy Bones Tampa Bay – a nonpartisan, grass-roots coalition of health care professionals, local and state policymakers and community advocates in the Greater Tampa Bay Area thank the Florida Legislative Women's Caucus for raising awareness of the importance of bone health by sponsoring a resolution proclaiming May 2021 as Osteoporosis Awareness Month in Florida. The proclamation was adopted by legislative officials Wednesday, April 21, at the Florida State Capitol in Tallahassee.

Do you know your Fracture Risk?

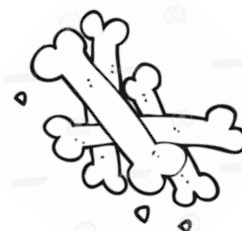
Certain factors can put you at risk of breaking a bone. Did your mother or father break their hip? Do you have diabetes? Do you smoke? Have you had cancer or thyroid disease? The American Bone Health Fracture Risk Calculator asks you a set of questions to help you figure out your level of risk. Then you can talk to your doctor about the steps you should take to keep your bones strong and prevent fractures. Just complete the survey and click on "Calculate Risk" to see how likely you might be to break a bone in the next 10 years.



[Click Here to Calculate your Risk for a Fracture](#)

Learn more about bone health and what you can do to protect yourself from a fracture by attending one of American Bone Health's signature programs or Bone Health Workshops.

[Register Here for all Events](#)





This workshop is a series of three programs covering osteoporosis and fracture prevention; bone healthy nutrition; and exercise and fall prevention.



A presentation covering the importance of posture and body mechanics to prevent fractures, along with quick techniques for safe movement



A presentation to explain how medicines, medical conditions and family history can affect the risk of fractures and what to do to prevent them.



A presentation on fall preventing focusing on simple exercises to improve balance, strength and flexibility.



A nutrition talk that teaches the best sources of dietary calcium, vitamin D, magnesium, protein and other important nutrients. You will learn how to make bone-healthy food choices for you and your family.



A virtual live talk where American Bone Health Peer Educators will share the basics of bone health and why it should be important to you.



AMERICAN
BONE HEALTH

HEALTHY BONES TAMPA BAY™

Healthy Bones Tampa Bay is a non-partisan, grassroots coalition of health care professionals, local and state policymakers and community advocates. Our goal is to reduce the number of fractures in our community by 20% by 2025.

We believe all Greater Tampa Bay Area residents should receive personalized, culturally appropriate and actionable information on bone health and fracture prevention.

Everyone should have access to educational tools and peer-reviewed, science-based programs that promote health bones and lessen the change of fractures and osteoporosis.

Collaborative efforts among health care agencies, local and state government entities, civic organizations and area nonprofits have the power to improve bone health as a quality-of-life measure for all Greater Tampa Bay Area residents.



Join the Healthy Bones Tampa Bay Coalition

Contact: Allison Rapp, Coalition Coordinator
Allison@AmericanBoneHealth.org

(continued from page 1)

This risk increased in children using social media between 3 and 6 hours per day (1). An article from the University of Nevada, Reno reports that 20% of people who have a social media account needs to check them at least once every three hours to avoid the feeling of anxiety (2).

Social media was created for building connections and communication. Although, it has changed to be a contest of perfection, and leads to capturing unrealistic expectations -- with the introduction of photoshop, and other editing platforms. As a current college student, with numerous social media platforms, I feel "obliged" to capture my finest moments, apply a filter, and build my foundation on social media. Truly, this devastates me. We should utilize these platforms for sharing whatever we choose, and not worrying about the "perfect elements" of a post, or status update.

Some tips that have helped me narrow down my anxiety relating to social media are as followed.

- 1) Limit your time on social media. Your platforms don't need to be used everyday. It should be when you feel comfortable using them, or you wish to share something happening in your life.
- 2) Pay attention to how you feel. Mindlessly scrolling can be detrimental to your mental health. If a post makes you feel envious, or lonely, take a break! Social media should be your platform to express yourself, and touch base with others. Don't use it to compare yourself.
- 3) Focus on your real-life relationships. As amazing as it is to connect with online friends and family, make sure you also spend time with those around you. Value your in-person relationships!

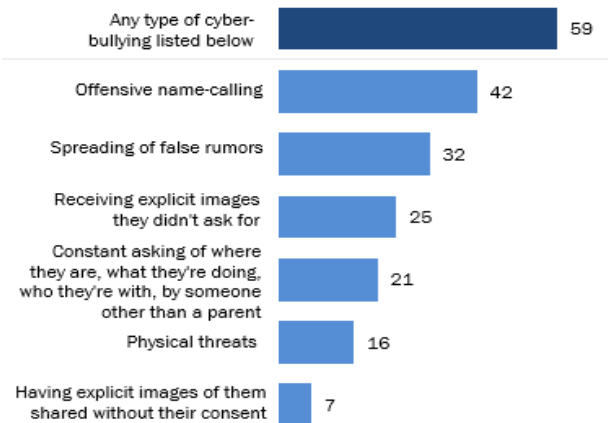
In conclusion, social media is an amazing way to connect. Although, there should be boundaries with this technological realm. It can be overwhelming for individuals. By setting different personal boundaries, and listening to yourself, you can enjoy social networking platforms, while limiting the anxiety that comes with it.

Riehm, K., Feder, K., & Tormohlen, K. (2019). Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth. *The Journal of American Medical Association Psychiatry* 76(12), 1266-1273. doi: 10.1001/jamapsychiatry.2019.2325.

University of Nevada, Reno (2021). Social Media & Mental Health. Retrieved from <https://www.unr.edu/>.

A majority of teens have been the target of cyberbullying, with name-calling and rumor-spreading being the most common forms of harassment

% of U.S. teens who say they have experienced ___ online or on their cellphone



Note: Respondents were allowed to select multiple options. Those who did not give an answer or gave other response are not shown.

Source: Survey conducted March 7–April 10, 2018.

"A Majority of Teens Have Experienced Some Form of Cyberbullying"

PEW RESEARCH CENTER



Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Maternal Mental Health

One in five women will experience maternal mental health (MMH) issues during pregnancy or their first year after giving birth. COVID-19 has caused rates of MMH to increase 3-4 times.

Does maternal mental health matter to you?

Join the conversation on social media using the hashtags [#MMHweek2021](#) and [#MakingOverMotherhood](#)

Learn more at thebluedotproject.org



**UP TO 20%
OF PREGNANT &
NEW MOMS
WILL EXPERIENCE
SOME FORM OF ANXIETY
OR MOOD DISORDER.**

**ANXIETY & MOOD
DISORDERS
ARE TREATABLE.**

SIGNS CAN INCLUDE:

**SLEEP DISTURBANCE &
CHANGES IN APPETITE**

**FEELINGS OF HOPELESSNESS,
HELPLESSNESS, GUILT & DESPAIR**

FEELING INADEQUATE AS A MOTHER

ANXIOUS OR IRRITABLE FEELINGS

**FEELING EMOTIONALLY
DISCONNECTED FROM YOUR BABY**

**LACK OF INTEREST
IN FAMILY AND FRIENDS**

OBSESSING OVER BABY'S SAFETY

CALL POSTPARTUM SUPPORT INTERNATIONAL

1.800.944.4773

postpartum.net

2020mom
2020Mom.org

TheBlueDot
project
thebluedotproject.org

HELPING CHILDREN COPE: TIPS FOR TALKING ABOUT TRAGEDY



After a tragedy, you might feel helpless — but your child needs your support. Here's help knowing what to say.

When a tragedy — such as a natural disaster, mass shooting or terrorist attack — occurs, it can be hard to talk to your child about what happened. Find out how to start the conversation and help your child cope.

How do I start this conversation?

Talking to your child about a tragedy can help him or her understand what's happened, feel safe and begin to cope. Silence might make the event seem more threatening to your child.

If possible, choose a time when your child is likely to want to talk, such as before dinner. Ask your child what he or she already knows and what questions or concerns he or she might have. Let your child's answers guide your discussion.

How do I explain the tragedy to my child?

When talking to preschool children, get down to your child's eye level. Speak in a calm voice using words your child understands. Explain what happened and that you will keep caring for them. For older children, use gentle words and offer comfort. Encourage them to share any worries.

Consider your child's age when sharing details. Listen to your child for misinformation, misconceptions and underlying fears. Provide accurate information.

How might my child react?

Your child might experience fear, shock, anger, anxiety and grief. Your child's age will affect how he or she handles the stress of a tragedy. For example:

Preschool children. Children in this age range become clingy or want to stay in a place that makes them feel safe.

Some children might revert to wetting the bed or sucking their thumbs. Avoid criticizing your child for this behavior.

Elementary and early middle school children. At these ages, children might fear going to school, have trouble sleeping and paying attention, or become aggressive. They might grieve in short segments and show persistent concern for their safety.

Upper middle school and high school children. Older children might deny that they're upset. Some children might complain about aches because they're unable to identify what's bothering them. Others might start arguments or resist authority. Some children might experience depression, anger and sleep problems.

These reactions are normal. However, if your child continues to display these behaviors for more than two to four weeks, he or she might need more help coping. If you're concerned about your child's reaction, talk to a mental health provider.



What can I do to help my child cope?

To help your child process what happened:

Remain calm. Your child will look to you for cues about how to react. It's OK for children to see adults sad or crying, but consider excusing yourself if you're experiencing intense emotions.

Reassure your child of his or her safety. Point out factors that ensure your child's immediate safety. Review your home safety procedures. Make your home a comforting space for your child.

Limit media exposure. Constantly watching news coverage of a tragedy can heighten anxiety. When older children watch or read news reports, try to do it with them.

Avoid placing blame. If the tragedy was caused by human violence or error, be careful not to blame a cultural, racial or ethnic group, or people who have mental illnesses.

Maintain the routine. To give your child a sense of normalcy, keep up your family's usual dinner, homework and bedtime routine.

Spend extra time together. This can foster your child's sense of security. If your child is having trouble sleeping, allow him or her to sleep with a light on or to sleep in your room for a short time.

Encourage the expression of feelings. Explain that it's OK to be upset. Let your child write about or draw what he or she is feeling. Encourage time with friends. Physical activity might serve as an outlet for frustration.

Do something. Consider ways to help victims and their families. Hold a service related to the tragedy. You might work with your child to write thank-you notes to first responders.

What else can I do?

Caring for yourself after a tragedy is important. Pay attention to your feelings and lean on loved ones or talk to a mental health provider. Get enough sleep, eat a healthy diet and stay active. This will enable you to care for your child and serve as a role model for how to cope.



¡Las vacunas contra el COVID-19 están aquí!

Usted puede ser elegible para recibir una vacuna segura y eficaz que proteja contra COVID-19. Visite [HCFLGov.net/Vaccine](https://www.hcflgov.net/Vaccine) para más información.

JUNTOS PODEMOS
VENCER
EL COVID

Las personas sin acceso a Internet pueden llamar al 1-888-513-6321 para obtener información general sobre las citas de vacunas de lunes a viernes, de 8 a.m. a 8 p.m. Tenga en cuenta que esta NO es una línea de citas: los agentes no pueden programar citas.



**Hillsborough
County** Florida





COVID-19 Vaccines Are Here

You may be eligible to receive a safe and effective vaccine that protects against COVID-19.

Visit [HCFLGov.net/Vaccine](https://www.hcflgov.net/Vaccine) to learn more.

TOGETHER WE CAN
CRUSH
COVID

Persons without access to the internet may call 1-888-513-6321 for general vaccine appointment information Monday - Friday, between 8 a.m. and 8 p.m. Please note, this is NOT an appointment line - agents do not have the ability to schedule appointments.



Hillsborough
County Florida



Dietitian's tip:

Serve as a hearty side dish or as a light main course.

Number of servings

Serves 8

Ingredients

10 large plum (Roma) tomatoes, about 2 pounds total weight, peeled and each cut into 4 wedges

2 tablespoons extra-virgin olive oil

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground black pepper, divided

4 cups low-sodium vegetable stock or broth

3 cups water

2 shallots, chopped

1/4 cup dry white wine, optional

2 cups pearl barley

3 tablespoons chopped fresh basil, plus whole leaves for garnish

3 tablespoons chopped fresh flat-leaf (Italian) parsley



Directions

Heat the oven to 450 F.

Arrange the tomatoes on a nonstick baking sheet. Drizzle with 1 tablespoon of the olive oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Toss gently to mix. Roast until the tomatoes are softened and beginning to brown, 25 to 30 minutes. Set aside 16 tomato wedges to use for a garnish.

In a saucepan, combine the vegetable stock and water and bring to a boil over high heat. Reduce the heat to low and keep at a simmer.

In a large, heavy saucepan, heat the remaining 1 tablespoon olive oil over medium heat. Add the chopped shallots and saute until soft and translucent, 2 to 3 minutes. Stir in the white wine, if using, and cook until most of the liquid evaporates, 2 to 3 minutes. Stir in the barley and cook, stirring, for 1 minute. Stir in 1/2 cup of the stock mixture and cook until the liquid is completely absorbed, stirring occasionally. Continue stirring in the stock mixture in 1/2-cup increments, cooking each time until the liquid is absorbed before adding more, until the barley is tender, 45 to 50 minutes total. Remove from the heat and fold in the tomatoes, chopped basil, parsley, thyme and grated cheese. Add the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper and stir to combine.

Divide the risotto among warmed individual shallow bowls. Garnish with the reserved roasted tomato wedges and the whole basil leaves. Using a vegetable peeler, cut a curl or two of Parmesan cheese for topping each serving.

BARLEY AND ROASTED TOMATO RISOTTO

Breastfeeding Support Resources



WIC is excited to announce the addition of a breastfeeding support resource list to our local [website](#). This document provides a list of community support for families that are interested in more guidance beyond the services that WIC provides. Please be sure to call ahead for more information and updated dates and times for classes and events.



Breastfeeding Support Resource List

Hillsborough County

Baby Café:
Contact for current phone, virtual, or in-person programs; and locations.
(813) 673-4646 x1127

La Leche League:
Please call for dates, locations, and times.
(813) 932 - 3664

Growth with Doula & Dads:
Call for information about eligibility for free Doula assistance. Doulas can assist with breastfeeding support in the hospital and after delivery.
(813) 712 - 6300

Sweet Child O' Mine Breastfeeding Support Group
215 Lithia Pinecrest Road, Brandon, FL 33511
Please call to confirm dates and times.
(813) 685-840

Community Roots Collective Breastfeeding Support Group
2746 N. Florida Ave, Tampa, FL 33602
Thursdays, 11:00 AM. Please call to confirm.
(813) 515-0825

Crisis Center of Tampa Bay:
Contact if you or your family is in need of mental health assistance and support.
211

HOSPITALS

Breastfeeding Support Groups

Tampa General Hospital
Call or visit the Tampa General website for dates, locations, and times
(813) 844 - 7000

St. Joseph's Women's Hospital
Tuesdays: 10am - 11:30 AM (virtual)
Please visit the Baycare Website or call to sign up.
(813) 879-4730

St. Joseph's Hospital North
Please call or visit the St. Joseph's website for dates, locations, and times.
(813) 443 - 7000

St. Joseph's Hospital South
Please call or visit the St. Joseph's website for dates, locations, and times.
(813) 302 - 8000

Brandon Regional Hospital
Please visit the Brandon Regional Hospital Website for dates and times.
(813) 681-5551

WIC BREASTFEEDING LINE
Available 7 days a week from 8 am - 9 pm
813-496-BABY (2229)

Florida Department of Health
WIC Program
FloridaWIC.org

This institution is an equal opportunity provider.





The Ten Steps to Successful Breastfeeding can also be found on the local [WIC website](#). Developed by the WHO and UNICEF as part of the Baby Friendly Hospital Initiative, the “Ten Steps” document provides a quick guide for health care providers on ways that they can encourage breastfeeding for their clients and patients. Following these steps can help to increase breastfeeding rates.

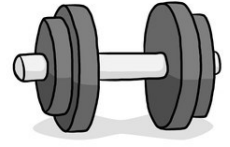
WIC Program

Florida Department of Health
HILLSBOROUGH COUNTY
FloridaWIC.org

For more information on applying for WIC, please call 813-307-8074, or use the [WIC PreScreening](#) tool to see if you qualify!

EXERCISE MOTIVATION!

BY JOSHUA TAIT



Hello There!

I am sure all of you know by now how difficult it can be to keep your body as in motion as your mind. Even so we want to congratulate everyone who has made a commitment to maintaining good health and we want to encourage all others to begin thinking about ways you can stay active each week.

That being, there are more natural parks and public areas opening for you to enjoy. Here are some tips to keep active with all that goes on:

Know Your Limits: Before anything else I would like to touch on this concept. Most articles regarding training discuss ways of “breaking your limits” or “smashing expectations” without ever referencing the fact that you must understand your own limitations. Not everyone has the time, money, or capability to adhere to strict a diet or fitness plan. Doing so anyways may only set you up for failure. Experiment with different modes of movement. Find what you like to do and mix it into a fitness plan. Alternate the difficulty of workouts, as well as the parts used, to grant relief to what is tired. Movement is movement no matter the activity.

Take Care of Yourself: Many forget about taking the time to relax, eat food, drink water, and sleep makes a world of difference in recovery and bodily maintenance. Not doing so will diminish any desire to run anywhere other than your bed. My secret to staying energized is simply understanding when to rest, what limbs to rest, and for how long.

Keep It Simple and Fun: The more entertaining an activity is the more you will want to take part in it. Walk through scenic areas, bike to a nearby lake to see the sun rise or pick up your pet/child a set number of times before doing it again later.

Be Like Your Heroes: Having trouble deciding how to work out? Pick just about any character or concept from a game, comic, show, or movie and they will have a fitness plan related to them. I have found regimens regarding Dark Souls, Minecraft, Spiderman, Wonder Woman, Mickey Mouse, Lilo and Stich, and even Days of Our Lives.

Measure By Music: Any audiophile is likely to tell you how far you can drive in the time it takes to finish listening to their favorite song. This tip takes that concept and puts it towards impromptu fitness. Pick three songs and perform a different exercise during the entirety of each song. You can apply the same principle to running by switching the pace based on the beat of the song.



Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

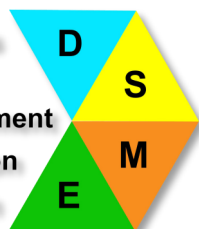
Call **813-307-8009** to register.

The logo for the 'BP For Me' program. It features the text 'BP F ME' in a bold, black, sans-serif font. The letter 'F' is replaced by a red heart with a white ECG line running through it.

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!
For more information and to schedule an appointment,
call **813-307-8082**.

Upcoming mobile mammography:

Tampa Family Health Center

To schedule an appointment, call Sophia at **813-284-4529**

Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, *even if one or both parents are working*).

To apply by phone, call **1-888-540-5437**, or
TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org

Plant City Parks and Recreation
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation
www.templeterrace.com/

Farmers Markets around Tampa Bay
<https://www.american towns.com/tampa-fl/local-food/>

CONTACT US

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& Director's Office 307-8000

COMMUNITY HEALTH

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Health Education 307-8071
Breast/Cervical Cancer 307-8082
Diabetes 307-8071
Florida KidCare 307-8082
Weight Management 307-8071
Health Literacy 307-8071
Insulin Program 307-8082
Lead Poisoning Prevention 307-8071
School Health 307-8071
Sterilizations 307-8082
Office of Health Equity 307-8066

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8058
Anonymous Testing 307-8058
Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) 307-8072

PUBLIC HEALTH

PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS

(birth & death records) 307-8002

* All numbers are area code (813) unless otherwise indicated.



Florida Department of Health
Hillsborough County
Health Education (70)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.flhealth.gov

MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.